

WHAT'S COOKING GOOD LOOKING?

JULY 21, 2021

Stuffed Poblanos with Quick Mole Sauce

For the Peppers: Preheat oven to 475F. Lightly massage peppers with olive oil and roast on baking sheet until slightly charred and soft, about 8-10 min. Remove peppers, let them cool slightly. Halve, then remove seeds and membranes. Place halves on baking sheet and set aside.

While peppers roast, cook quinoa in veggie broth in a sauce pan. Combine, bring to a boil, lower heat to low, cover & simmer 12-14 min. Remove from heat, let sit for 2 min. before fluffing with a fork.

Combine cooked quinoa with minced garlic, almonds, black beans, salt, cumin, paprika, cayenne, cilantro and 2 t. olive oil. Spoon into poblano halves and drizzle with remaining olive oil. Place in oven and bake add'l 12-14 min.

For the Mole: Heat oil in medium sauce pan and sautee onion & garlic until softened (5-6 min.). Add in chipotle peppers, adobo, tomato puree, chocolate chips, cumin, cinnamon and salt and stir until chocolate

DID YOU KNOW?

- Garlic is a member of the lily family with European varieties native to Central Asia. Known to reduce cholesterol, used in asthma, cough, and postpartum period to balance Vata. Its oil is very useful in earaches, its juice is used in skin disorders like eczema or swelling. Garlic is an excellent anti-inflammatory and analgesic.
- Black beans have been cultivated in South and Central America for thousands of years, but didn't arrive to North America until the 1500's. Popular amongst vegetarian & vegan diets, black beans pack a nutritional punch: fiber, thiamin, niacin, folate, Vitamins E and K, potassium, phosphorus, magnesium, iron, calcium, and Omega-3 fatty acids.
- Black beans contain 8 different flavonoids, 3 of them are anthocyanins that function as antioxidants in the body to fight disease and free radicals.
- Black beans are extremely high in a rare mineral not found frequently in foods called molybdenum, which breaks down and detoxifies sulfites in the body. It has also shown to reduce impotence and erectile dysfunction in older men when regularly consumed.
- Poblano peppers are rich in antioxidants that help fight oxidative stress. The active compound, Capsaicin, fights inflammation & pain and has anticancer effects.

chips have melted. Season to taste, adding salt as needed. Place in a blender (or use immersion blender) and puree until creamy and smooth, adding a splash or two of water to thin to desired consistency.

Ingredients:

- 4 poblano peppers
- ¾ c. uncooked quinoa
- 1 ½ c. veggie broth (low sodium)
- 3 garlic cloves, minced
- ½ c. chopped almonds
- 1 (15 oz.) can of black beans, rinsed & drained
- ½ t. each, salt, ground cumin
- 1/8 t. Cayenne pepper
- ½ c. chopped fresh cilantro
- 3 t. olive oil, divided



- 1 T. olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1-2 chipotle chile with 2 T. adobo
- 1 (8 oz.) can tomato puree
- 3 T. chocolate chips
- 1 ½ t. ground cumin
- ½ t. ground cinnamon
- ½ t. salt